What is claimed is:

1. A lifting device for moving an object having an elongated aperture, said lifting device comprising:

a lifting member including a first end and a second end, the first end of said lifting member having a handle portion for gripping by a user, the second end of said lifting member having an object-engaging portion structured for insertion into said elongated aperture, in order to securely engage said object; and a stabilizing member coupled to said lifting member adjacent

2. The lifting device of Claim 1, wherein said lifting member is a rod having a bend between the first and second ends thereof.

said object-engaging portion and structured to stabilize said object while moving it.

- 3. The lifting device of Claim 2, wherein said rod has a longitudinal axis; and wherein said bend is about 45 degrees with respect to said longitudinal axis.
- 4. The lifting device of Claim 2, wherein said stabilizing member includes a plate coupled to said rod adjacent said object-engaging portion thereof, and extending substantially perpendicular therefrom.
- 5. The lifting device of Claim 4, wherein said elongated aperture is a keyhole-shaped aperture including a generally circular portion and at least one slot portion extending therefrom; wherein said object-engaging portion of said rod includes a chamfer and a circumferential groove between said chamfer and said plate; and wherein said chamfer is structured for insertion into said generally circular portion of said keyhole-shaped aperture, in order that said circumferential groove may slide and lock within one of said at least one slot portion of said aperture, thereby securely engaging said object.
- 6. The lifting device of Claim 5, wherein said rod is a steel rod; and wherein said plate is a generally rectangular steel plate welded to said steel rod adjacent said object-engaging portion thereof.
- 7. The lifting device of Claim 1, wherein said object is a panelboard including a side flange having said elongated aperture; wherein said object-engaging portion of said lifting member is structured to securely engage said

elongated aperture in said side flange; and wherein said stabilizing member is structured to engage a portion of said side flange proximate said elongated aperture.

8. The lifting device of Claim 7, wherein the second end of said lifting member includes an axial bore formed therein; wherein said stabilizing member is a U-shaped member structured to receive said side flange of said panelboard; and wherein said object-engaging portion of said lifting member further includes a spring-loaded assembly comprising:

a spring disposed within said axial bore;

a plunger disposed within said axial bore adjacent said spring;

and

an actuating lever coupled to said plunger and structured to depress said plunger and said spring when actuated by a user, in order to permit insertion of said side flange into said U-shaped member and alignment between said elongated aperture therein and said plunger, said plunger structured to extend through said aligned aperture when said actuating lever is released.

- 9. The lifting device of Claim 8, wherein the second end of said lifting member further includes a slot extending through said lifting member and said axial bore therein; wherein said spring is a coil spring having a plurality of coils; wherein said plunger includes a neck region inserted within said plurality of coils of said coil spring; and wherein said actuating lever extends through said slot in the second end of said lifting member and couples to said neck region of said plunger.
- 10. A panelboard comprising:

 an enclosure including a side flange having an elongated aperture therein; and

at least one lifting device comprising:

a lifting member including a first end and a second end, the first end of said lifting member having a handle portion for gripping by a user, the second end having an engaging portion inserted into said elongated aperture, in order to securely engage said side flange; and

a stabilizing member coupled to said lifting member adjacent said engaging portion and engaging said side flange.

- 11. The panelboard of Claim 10, wherein said lifting member is a rod having a bend between the first and second ends thereof.
- 12. The panelboard of Claim 11, wherein said elongated aperture is a keyhole-shaped aperture including a generally circular portion and at least one slot portion extending therefrom.
- 13. The panelboard of Claim 12, wherein said engaging portion includes a chamfer on the second end of said rod and a circumferential groove between said chamfer and said stabilizing member; wherein said chamfer is inserted into said generally circular portion of said keyhole-shaped aperture in said side flange; and wherein said circumferential groove slides and locks within one of said at least one slot portion of said keyhole-shaped aperture, thereby securely engaging said side flange.
- 14. The panelboard of Claim 13, wherein said stabilizing member includes a plate coupled to said rod adjacent said engaging portion thereof and extending substantially perpendicularly therefrom.
- 15. The panelboard of Claim 14, wherein said rod is a steel rod; and wherein said plate is a generally rectangular steel plate welded to said steel rod adjacent said engaging portion thereof.
- 16. The panelboard of Claim 12, wherein the second end of said lifting member includes an axial bore formed therein; wherein said stabilizing member is a U-shaped member receiving said side flange of said panelboard; and wherein said engaging portion of said lifting member further includes a spring-loaded assembly comprising:

a spring disposed within said axial bore;

a plunger disposed within said axial bore adjacent said spring;

and

an actuating lever coupled to said plunger, said actuating lever depressing said plunger and said spring when actuated by a user, in order to permit insertion of said side flange into said U-shaped member and alignment between said keyhole-shaped aperture therein and said plunger, said plunger extending through said aligned aperture when said actuating lever is released.

- 17. The panelboard of Claim 16, wherein the second end of said lifting member further includes a slot extending through said lifting member and said axial bore therein; wherein said spring is a coil spring having a plurality of coils; wherein said plunger includes a neck region inserted within said plurality of coils of said coil spring; and wherein said actuating lever extends through said slot in the second end of said lifting member and couples to said neck region of said plunger.
- 18. The panelboard of Claim 10, wherein said at least one lifting device is a single lifting device engaging said elongated aperture in said side flange.
- 19. The panelboard of Claim 10, wherein said panelboard includes first and second side flanges; wherein said at least one lifting device includes first and second lifting devices; and wherein said first lifting device engages said elongated aperture in said first side flange and said second lifting device engages said second side flange, in order to further facilitate movement of said panelboard by a user.